



**GROSSE POINTE
AUDIOLOGY**

“Now Hear This”

N E W S L E T T E R

20239 Mack Avenue • Grosse Pointe Woods, MI 48236 • 313.343.5555
www.gpaudiology.com

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WHAT'S NEW IN TECHNOLOGY? Audéo SMART

More Hearing, Flexible Control, Unlimited Connectivity

Phonak has just introduced the Audéo SMART, the world's smallest wireless hearing aid. If “invisible” didn't sound implausible, that could have been the name of this ultra-small hearing aid.

Audéo SMART expands your hearing so you can enjoy the full spectrum of sounds – no matter what your degree of hearing loss. You also profit from state-of-the-art technology that improves speech clarity and reduces background noise for the best possible understanding. Exclusive Phonak SoundRecover technology brings back all the subtle sounds that complete life's rich soundscapes – from the sweet whispers of a loved one to the pleasant sound of birds singing. Most importantly, SoundRecover allows you to follow conversations clearly and steadily.

With the Audéo SMART you will understand better even in challenging situations. The hearing aid's intelligent shape enhances the ability of Audéo SMART to automatically zoom in on speech and reduce background noise. Because of this, even conversations in noisy restaurants or on windy streets are easier to understand. These impressive features are the result of it having the world's fastest, highest-capacity audio-processing microchip. With this technology, Audéo SMART ensures clarity and comfort, no matter where your busy life takes you.

This Smart little hearing aid is more than just a hearing aid. It has unlimited connectivity to connect you to the wireless world. You can connect to electronic devices such as your phone, TV, MP3 player or computer. This technology lets you hear a phone conversation in both ears.

To “hear” more about the world's smallest wireless hearing aid, call our office at 313-343-5555 for an appointment to come in for a no obligation trial. Hear more out of life.



DON'T GET CAUGHT WITH YOUR BATTERIES DOWN!

- If you wear two hearing aids – change the batteries in both aids when one goes dead.
- Place the tab from the new battery on the date on your calendar when you put it in. This way you will know how long it has been since you last changed the batteries.
- Carry two spare batteries with you. Don't get caught with your batteries down. We have key chain battery holders available at no charge in our office.
- Remember, batteries are harmful if swallowed. Keep them out of reach of young children and pets.

Enjoy Captioned Movies

Many movie theaters have assistive listening devices to use with or without your hearing aids. Ask at the service desk what is available. If you prefer captioned movies, you can go to www.captionfish.com for a list of theaters, schedules and movie titles that are captioned.

Google Announces Captions on YouTube

Every minute of every day, 20 hours of videos are uploaded to YouTube. Thanks to new software, whenever a video is uploaded to YouTube, the video owner can easily add captions.

Ask THE Audiologist

Q: I have been hearing about a special telephone for people with hearing loss. Can you give me more information?

A: The telephone you are talking about is called CapTel for Captioned Telephone. This telephone displays written words for everything the caller is saying to you.

The CapTel works like any other telephone with one important addition: you can read every word the other party is speaking to you. You can also listen to the caller while you read the words that are printed in the CapTel display window.

There is even a new model that is designed for people who use VOIP, or digital cable telephone service or who have highspeed Internet access.

There is also an option for large print that you can use to read the conversations on your computer screen by using the CapTel USB options.

For more information about the telephone, you can contact our office at 313-343-5555. We have a loaner CapTel phone that you can take home and try before you purchase.



NUTS FOR YOUR HEART

Keep your heart healthy with nuts and seeds that are high in phytosterols – a substance that lowers your cholesterol naturally.

Top 5 seeds and nuts to lower cholesterol:

1. Sunflower Seeds
2. Pistachios
3. Pumpkin Seeds
4. Pine Nuts
5. Flaxseeds, whole



POSSIBLE HEARING LOSS EPIDEMIC IN US

One of three U.S. adults already suffer from some degree of hearing loss and the growing use of personal listening devices and an aging population may create a hearing impairment epidemic, researchers said. A team at Johns Hopkins University estimated that 55 million Americans have hearing loss, with men, whites and the least-educated, the most affected. One out of six have some trouble discerning speech, more than previous estimates, researchers said in the *Archives of Internal Medicine*. They assessed health information collected from 5,700 adults in the Federal National Health and Nutrition Examination Survey. – *USA Today*

TEN HEARING AID TIDBITS

1. Hearing instruments can and do break. Treat them kindly and have them checked and cleaned regularly.
2. Your hearing can change over time. Have a hearing test at least every three years.
3. Hearing instruments usually whistle or have feedback when you cover them.
4. Two ears are better than one.
5. What's good for your neighbor is not necessarily good for you.
6. Recycle batteries. They do not spontaneously renew.
7. Your voice will sound differently to you.
8. If your family and friends say you need hearing aids, you probably do.
9. Don't get your hearing instruments wet.
10. Dogs and cats and other animals can and do eat hearing aids.

DID YOU HEAR THE ONE ABOUT THE SPEEDING TICKET?

An 83 year-old woman talked herself out of a speeding ticket by telling the young officer that she had to get there before she forgot where she was going.



WELCOME MICHELLE!

We have added another receptionist to our growing practice. Michelle is the newest addition to Grosse Pointe Audiology. As office manager, Jocelyne will be focusing mostly on billing now. Michelle and Linda will be doing most of the front desk check-in. We are happy to have Michelle added to our team.

PLEASE EXCUSE THE DUST!

Grosse Pointe Audiology is expanding. Our current location will remain the same and we are taking over the space next door. The new expansion will allow us more patient rooms and a special room for wax removal. We look forward to the new space and appreciate your patience during the renovation.

SNORING: CAUSES & CURES

Is that someone special driving you crazy with their snoring? Sleep specialist Barbara Phillips, M.D. at the University of Kentucky Sleep Center, says there are many causes of snoring besides allergies and excess body weight.

Causes:

- Smoking, muscle relaxants and a small chin as well as obesity, all reduce the size of the upper airway, which leads to snoring. Muscle relaxants include sleeping pills and alcohol beverages.
- Aging causes the tissue at the back of the throat to sag.
- Sleep Apnea can also cause snoring.

Cures:

- Quit smoking.
- Lose weight.
- Avoid alcohol near bedtime.
- Consult a sleep specialist regarding a CPAP nighttime breathing device.
- Use Breathe Right nasal strips which open up the nasal passages.
- Sleep on a firm mattress to keep your neck from scrunching up and blocking the airway.
- Raise the head of the bed a few inches, but use fewer pillows because more of them can worsen snoring.
- Try using an air purifier in the bedroom to remove allergens.
- Have your dentist fit you with a Thornton Adjustable Positioner (TAP) which pulls the lower jaw forward, preventing the tongue and soft throat tissue from collapsing into the airway.
- And if all else fails, try placing a tennis ball in a sock and pin it to the back of your sleepwear so you will be forced to sleep on your stomach.



If your partner refuses to seek treatment, you can come to Grosse Pointe Audiology and have custom made sleep plugs to wear at night so you won't hear him or her anymore.

CHECK YOUR HEARING

Make sure you are not the last to know. Have your hearing checked today.

- Do you frequently ask people to speak up or repeat themselves?
- Do you have difficulty following a conversation in a crowded room?
- Do you have trouble communicating when the other party is a short distance from you?
- Do you have trouble hearing the telephone ring?
- Do you turn the TV volume up louder than others need to?
- Do you seem to hear better from one ear than the other?
- Do you find it helpful to sit up front at religious services, meetings or social gatherings?
- Do you seem to get tense and anxious at meetings or social gatherings?
- Do you have trouble following conversations between the front and back seats of a car?
- Do others (family/friends) comment on your inability to hear?

A **YES** answer to any of these questions may mean that you are having a problem with your hearing. **YES** answers to several questions strongly suggest a hearing evaluation is needed.

Make sure you are not the last to know... have your hearing checked to day!

SUPER BOWL CHAMPION SETS EXAMPLE FOR PARENTS AND PROTECTS HIS CHILD'S HEARING

"Audiologists everywhere cheered when Drew Brees, the quarterback of the Super Bowl 2010 Champion New Orleans Saints, set an example for parents concerned about protecting their children's hearing in loud environments," said Kris English, Ph.D., president of the American Academy of Audiology.

At the end of the Saints' 31-17 win over the Indianapolis Colts in Super Bowl 44, Brees lifted his one-year-old son, Baylen, up in the air in celebration. Baylen was seen wearing a set of noise-reducing earphones in order to protect his young ears from the noise of the crowd in the stadium.

KIDS CORNER:

Dr. Sommerville

Allicea just celebrated her 4½ year old birthday. She called Grandma and Grandpa on speed dial and invited them out to breakfast to celebrate! She has been having fun playing with "Sammy" in the snow and taking him to puppy class. Sammy officially weighs more than she does.



Dr. Lezotte



The Lezotte family just got back from a fabulous family vacation in Turks/ Caicos. The kids had lots of fun swimming and soaking up the sun on the beach! It was extremely hard to come back to 12" of snow! Dane turned 2 on our vacation and had a very special birthday with the Sesame Street characters, Elmo and Cookie Monster.

YOUNGSTERS WITH HEARING IMPAIRMENT MORE LIKELY TO BE BULLIED

Youngsters with hearing loss are more likely to be the victims of bullying in school than their schoolmates with normal hearing, according to a Swedish study reported at www.hear-it.org. The rate of bullying victims among youngsters with normal hearing is one in 10. Among hearing-impaired teenagers with no other disability, bullying is part of everyday life for one in five; one in three of those suffering from hearing loss in addition to other disabilities, report being bullied.

- *Hearing Review 2008*

INCONTINENCE DRUGS LINKED TO MEMORY LOSS

Jack Tsao, M.D., Ph.D., an associate professor of neurology at Uniformed Services University of the Health Sciences in Maryland, released a report on anticholinergic drugs. These drugs include Detrol and Ditropan which are used to treat incontinence.

The study found that people who take these drugs have memory loss that occurs one and a half times faster than people who do not take them. If you are taking these drugs, he recommended that you discuss alternative therapies with your doctor.

SENIOR MOMENT

An older gentleman was having dinner with a friend and his wife. He was very impressed by the way his buddy preceded every request to his wife with endearing terms such as: Honey, My Love, Darling Sweetheart, Pumpkin, etc.

The couple had been married 70 years and clearly they were still very much in love. While the wife was in the kitchen, the man leaned over to his host and said, "I think it is wonderful that after all these years, you can still call your wife those loving pet names."

The friend responded, "I have to tell you the truth – her name slipped my mind 10 years ago and I am scared to death to ask her what it is."



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YOUR EARS JUST SLOW DOWN

Several studies have shown that as we get older, it gets harder to recognize or understand rapid speech, even when the hearing is normal. Not being able to hear and understand can lead to social isolation, withdrawal, depression and can lead to an overall decrease in the quality of life.

What can you do to improve your understanding and hearing? First, you should have a hearing test. If you are found to have a hearing loss, you should be fitted with the most appropriate hearing aids for your loss. Listed below are several suggestions that would help you to understand as well as some suggestions for your family members.

Even people who have normal hearing as they age would benefit from these suggestions:

- Watch the speaker carefully. Concentrate. Pay attention to lips, facial expressions, gestures and body language.
- Arrive early at large group functions so you can sit close to the speakers and position yourself to best see and hear.
- Request that public address systems be used at meetings or church when they are available.
- Try to limit the number of people you speak with at one time. One to one conversations are easier than group conversations.
- Be aware of lighting; position yourself so the light is behind you. This will reduce glare on the speaker's face which will assist you in the use of nonverbal clues.
- Relax. It is easier to communicate when you are feeling alert and confident.



Share the following tips with your family members:

- Slow down your speech. Slower speech makes it easier for the person with the hearing impairment to understand what is being said.
- Look at the person when talking to her or him. Lighting should be on your face so your lips and facial expressions are easier to read.
- Use gestures and expressions, this provides additional information such as emotions.
- Pause between ideas. Pausing frequently after sentences or between thoughts allows the person the opportunity to get the message.
- Get closer to the person. Hearing aids are most effective when you are within three feet of the person.
- Speak in a normal loudness. Do not shout to the person because shouting distorts speech.

TESTIMONIALS NEEDED:

We have just finished re-designing our website (check it out at www.gpaudiology.com). We are in need of some patient testimonials. If you have had an incredible experience at our office, please let us know. Send your comments to drlezotte@gpaudiology.com or drop off a little note at our office. Thank you!